

Mental Health Support Services in the Cherwell Valley Region

No-one is immune to difficulties with their mental health. When difficulties come, it's important to know where to turn. This sheet provides some details of organisations that offer mental health support, particularly for those experiencing depression or anxiety. It is not an exhaustive list, but these organisations are a good starting point if you need some practical support.

TalkingSpace Plus

An NHS service offering confidential support to adults aged 18 and over and who are registered with an Oxfordshire GP. Offers a range of services based on an initial telephone appointment with a trained practitioner. Self-referral system with the initial appointment normally arranged for within 5 working days. For self-referrals:

- **Call:** 01865 901 222
- **Visit:** <https://www.oxfordhealth.nhs.uk/talkingspaceplus/contact-us/>

Welcome Counselling Service

A Christian counselling organisation run by The Welcome Church in Witney. Affiliated with the Association of Christian Counsellors, they offer services for a range of mental and emotional health needs. Sessions are £30 each, but prices can be reviewed if they are prohibitive. To book an initial appointment:

- **Call:** 01993 703 210
- **Email:** counselling@thewelcomechurch.org.uk

Restore

An Oxfordshire charity that offers free practical therapy for a wide range of mental and emotional health needs. Their centre in Banbury provides a supportive environment where socialising and learning new skills (e.g. horticulture, woodwork, cooking) are the core therapies for managing and recovering from poor mental health. Self-referral scheme. For more information:

- **Call:** 01295 709 414
- **Visit:** <https://www.restore.org.uk/restore/north-oxfordshire-recovery-group>

Services for Children and Young People

Children and young people are no more immune to difficulties with their mental and emotional health than adults. The Child and Adolescent Mental Health Service (CAMHS) is the best place to turn if you think your child might need some support.

For more information or to make referral for your child:

- **Call:** 01865 902 515
- **Visit:** <https://secureforms.oxfordhealth.nhs.uk/camhs/>

For more information about CAMHS, visit

<https://www.oxfordhealth.nhs.uk/camhs/oxon/>

The services suggested here are concerned with providing practical support. If you would like to discuss your situation from a pastoral perspective, please contact Stephen, Geoff or David:

Stephen: 01869 222 572

Geoff: 01869 346 262

David: 01869 226 906